

Helensburgh and Districts Little Athletics



STATE RELAYS

Congratulations to all athletes who took part in the recent State Relays held at Campbelltown. Athletes and supporters battled rain, wind, cold, sunshine and extremely long waits and a few *cranky* officials. Special thanks to Marina and Dave for organising everyone over the weekend.

Results:

SILVER to the following 4 x 100m mixed relay teams U8, U9, U10 and U14.

BRONZE to 4 x100m mixed U15

Great results also for the 4 x100m girls team who came 4th in the finals and 4 x 800m junior boys who came 6th in the finals – competing against centres who have twice the number of athletes as our club. WELL DONE.

More Congratulations

Sarah Walsh – U11 competed in the Pacific School Games with fantastic results.

Silver in the Shot Put, Long Jump and 200m.

Bronze in 100m.

Well done Sarah.

Zone

We have 74 athletes going to zone. T-shirts with our new logo are available for sale at the canteen. Only \$12.50 each.

The zone is looking for an Officer for Officials and Head Marshal. If anyone is interested in helping out, please see Dave or Marina.

Attendance levels

Thankyou to all parents and helpers who have helped on their roster nights as well as their non-roster nights.

In order for your child to receive a trophy at the end of the season, they must attend 16 out of 22 competition nights.

So don't let your child miss out.

Rained out nights count as being there.

Little A's resumes on 16 January 2009 with both colour rosters required to help please, as well as the 23 January due to school holidays.



Christmas Raffle

Thankyou to everyone who has returned raffle tickets and donations. Raffle will be drawn **this Friday night**.

If you have any outstanding raffle tickets/money and donations please drop them into the canteen.

NEW RECORDS

Congratulations to the following athletes for their record breaking efforts.

Sarah Bowden

*Under 15 girls - Javelin 26.89 metres

Nathan Findarnis

*Under 9 boys – 60m Hurdles – 9.69 sec

Have you organised your parent relay teams for Friday 19 December?

This is our last competition night for the year. Now is your chance to show off your style and maybe even beat the kids!!!

Make sure you stretch those hammies.

Age Managers – Don't forget to hand out results stickers to each competitor in your group. These are found in the front of the Age Managers folders.

It would be appreciated if everyone could wait patiently and listen to announcements before going to events each Friday evening.

Also please be aware and make sure children are careful moving between events.

Watch out for runners on the track, high jumpers and be especially careful around the javelin, shot put and discus areas.

THANKYOU

Thankyou to everyone who puts up their hand to help out in any way.

Also, thankyou to our **committee members** who work tirelessly for our club, not only on Friday nights, but during the week as well.

WISHING YOU ALL A VERY HAPPY AND SAFE
CHRISTMAS AND HOLIDAYS.

SEE YOU ALL BACK ON THE 16 JANUARY 2009.